Hurricane Senior Center June 2019

95 N 300 W

635-2089

Monday	Tuesday	Wednesday	Thursday
3	4	5	6
Salisbury Steak with Brown Gravy	Hawaiian Chicken Haystack	Beef Spaghetti Sauce	Shredded Pork w/Sweet Thai Chili Sauce
Garlic Mashed Potatoes	Broccoli	Spaghetti	Jasmine Rice
Club Spinach	Wheat Roll	Italian Vegetable Blend	Brussels Sprouts
Three Bean Salad	Pineapple Tidbits	Mixed Green Salad	Mixed Green Salad
Wheat Roll	Milk	Garlic Bread	Wheat Roll
Applesauce	Margarine	Peach Cobbler	Seasonal Fruit
Milk		Milk	Milk
Margarine		Margarine	Margarine
Ranch Salad Dressing		Diet - Hot Peaches	Ranch Salad Dressing
10	11	12	Father's Day Meal 13
BBQ Pork	Crispy Baked Chicken Thigh	Roasted Turkey Breast with Gravy	Roast Beef with Gravy
Baked Beans	Au Gratin Potatoes	Cut Yams	Mashed Potatoes
Coleslaw	Green Beans	Peas and Carrots	California Vegetables
Hamburger Bun	Mixed Green Salad	Mixed Green Salad	Buttered Corn
Hot Spiced Fruit	Wheat Roll	Texas Bread	Wheat Roll
Milk	Seasonal Fruit	Seasonal Fruit	Tropical Fruit
	Milk	Milk	Rocky Road Pudding
	Margarine	Margarine	Milk
	Ranch Salad Dressing	_	Margarine
	Diet - Fruited Gelatin		Diet - Chocolate Pudding
17	18	19	20
Parmesan Chicken	Teriyaki Meatballs	Bratwurst	Tater Tot Casserole
Penne Pasta	Fried Rice	Kraut & Apples	Green Beans
Zucchini	Cabbage	German Potato Salad	Mixed Green Salad
Spinach Salad	Sugar Snap Peas	Hot Dog Bun	Wheat Roll
Breadstick	Wheat Roll	Seasonal Fruit	Peach Crisp
Seasonal Fruit	Mandarin Oranges	Milk	Milk
Milk	Milk	Mustard	Margarine
Margarine	Margarine		Ranch Salad Dressing
Ranch Salad Dressing			Diet - Hot Peaches
24	25	26	27
Country Fried Steak w/Country Gravy	Glazed Ham	Beef Frito Pie	
Mashed Potatoes	Sweet Potato Hash	Shredded Cheese	Crispy Baked Chicken Tater Tots
Stewed Tomatoes	Garden Vegetable Blend	Spanish Rice	Green Pea Salad
Mixed Green Salad	Mixed Green Salad	Corn O'Brien	
Wheat Roll	Wheat Roll	Mixed Green Salad	Hamburger Bun Pears
Tropical Fruit	Seasonal Fruit	Corn Chips	Milk
Milk	French Silk Pudding	Seasonal Fruit	Mustard
	Milk	Seasonal Fruit Milk	
Margarine			Mayonnaise
Ranch Salad Dressing	Margarine	Taco Sauce	
	Ranch Salad Dressing	Ranch Salad Dressing	
	Diet - Chocolate Pudding		

A suggested donation of \$3.00 is requested from seniors 60 and older. Persons under 60 can enjoy a meal for \$7.00.

Milk and bread served with all meals.
Salad bar available every day in the dining room.